

Banana Oatmeal Muffins

Yield: 10 muffins

Serves: 10 adults

Ingredients

- 2-3 mashed ripe bananas (1 cup)
 - 2 tablespoons vegetable oil
 - 1 large egg
 - 1/4 cup low-fat milk
 - 1 teaspoon vanilla extract
 - 3/4 cup flour
 - 3/4 cup quick-cooking oatmeal
 - 1/4 cup sugar
 - 1 tablespoon baking powder
 - 1 teaspoon cinnamon
 - 1/4 teaspoon salt
- vegetable cooking spray.

Steps

1. Preheat oven to 350 degrees.
2. Spray 10 muffin cups with cooking spray.
3. **Peel bananas and place them in a medium-size bowl.**
4. **Mash bananas with a fork.**
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. **Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.**
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about 1/4 cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.
10. Run a butter knife around the outside edge of each muffin to loosen, and lift out.
11. **Enjoy.**

Have your child help you do the bold steps.